



## FOOD PRESERVATION SERIES

# Raspberries

Michigan-grown raspberries are usually available July, but there are everbearing varieties that are available in September through October.

### RECOMMENDED VARIETIES

Select Royalty, September and Latham varieties for fresh use and jams. September and Cumberland (black) freeze well.

### TRIM LOSS

Less than 2 percent from prime fruit.

### YIELD

1 pint	1 pint frozen
8 pounds	canner load of 9 pints
12 pounds	canner load of 7 quarts
24 -quart crate (36 pounds)	18-24 quarts canned (1 3/4 pounds per quart)

### FOOD SAFETY TIPS

Purchase fruits that are not bruised or damaged. Bag fresh fruits separate from meat, poultry and seafood products.

Wash hands before and after handling fresh produce.

Wash fruits thoroughly under running water. Do not use soap or detergent.

Use a separate cutting board for fruits, and keep away from raw meat, poultry and seafood

Follow standardized procedures recommended by the United States Department of Agriculture for home canning.

### HOW TO STORE

When you bring raspberries at home, check the fruit. Use soft, overripe berries right away. Throw away any smashed or moldy berries.

Keep raspberries in a box with holes and cover with plastic wrap, or put in a plastic bag with holes.

Store in the refrigerator at 40 F, in the crisper drawer to help retain moisture.

Use berries within 1-2 days.

Store processed canned raspberries in a cool, dry area.

### QUICK AND EASY SERVING TIPS

Serve as a snack.

Top cereals, hot oatmeal, pancakes or waffles with fresh or frozen berries

Include in vegetable and fruit salads.

Topping for ice cream, yogurt and pastries.

### RECIPE

## PEACHES WITH RASPBERRY YOGURT SAUCE

4 fresh peaches

Sauce:

1 cup frozen unsweetened raspberries

½ cup low fat yogurt

1 Tbsp honey

### Raspberry Yogurt Sauce:

1 cup frozen unsweetened raspberries (*partially thaw only so some ice crystals remain*)\*  
1/2 cup low fat yogurt  
1 Tbsp honey

Peel peaches and slice into halves. Place peach halves on individual dishes. To prepare the sauce, combine the raspberries, yogurt and honey. Gently fold the fruit and mix with the yogurt and honey. Spoon the sauce mixture over the individual peaches. Garnish on top with fresh raspberries or mint. Makes 4 servings.

*This is an official 5 A Day recipe.  
Nutrient analysis per serving: 140 calories, 2 mg cholesterol, trace of fat.*

## HOW TO PRESERVE

### FREEZING RASPBERRIES

Select fully ripe, juicy berries. Sort, wash carefully in cold water and drain thoroughly. Raspberries may be frozen following any of these procedures:

**Sugar Pack :** To 1 quart (1 1/3 pounds) berries, add 3/4 cup sugar and mix carefully to avoid crushing. Put into containers, leaving 1/2 inch headspace. Seal, label and freeze.

**Syrup Pack :** Place berries in containers and cover with cold 50 percent syrup (1 cup water to 1 cup 3 tablespoons sugar), leaving 1/2 inch headspace. Seal, label and freeze.

**Unsweetened Pack :** Put berries into containers, leaving 1/2 inch head space. Seal, label and freeze.

**Pectin Pack :** This alternative uses pectin and less sugar than sugar pack, and retains the fresh berry flavor, color and texture. Combine 1 box of powdered pectin (1 3/4 ounces) with 1 cup water in a saucepan, stir and boil 1 minute. Stir in 1/2 cup sugar and dissolve. Remove the pan from heat, add cold water to make 2 cups of syrup. Chill. Put cleaned and prepared fruit in a 4- to 6-quart bowl; add enough pectin syrup to glaze the fruit with a thin film. Gently fold fruit to coat each piece with syrup. Pack into freezer bags or containers, leaving 1/2 inch headspace. Seal, label and freeze.

### \*How to Use Frozen Raspberries

When using frozen raspberries for uses other than cooking, do not thaw berries completely. Some ice crystals should remain for ease of handling and for a higher quality product. Frozen raspberries are a better choice when fresh texture or appearance is desired.

Do not freeze more than 2 pounds of food per cubic foot of freezer capacity per day. A cubic foot will hold 7.4 gallons.

### Raspberry Freezer Jam (7 half-pints)

Sort berries and wash carefully in cold water. Drain. Crush fully ripe berries one layer at a time. If desired, sieve half of pulp to remove some of the seeds. In a bowl, mix 3 cups of prepared fruit with 5 1/4 cups sugar. Combine 1 box powdered pectin with 3/4 cup water in a saucepan. Boil for 1 minute, stirring constantly. Mix fruit with pectin mixture. Stir for 3 minutes. Ladle into airtight freezer containers and cover. Allow to "set" at room temperature for 24 hours. Store in the freezer.

### CANNING RASPBERRIES

Choose ripe but firm sweet berries with uniform color. Canned raspberries have a soft texture. Wash 1 or 2 quarts of berries at a time; drain and stem. Prepare syrup if desired.

**How to Prepare the Syrup.** Measure and mix the necessary amounts of sugar and water to make the desired syrup. Bring to a boil and pour over fruit in jars. Add 1/2 cup hot syrup, juice or water to each hot, clean jar. Fill hot jars with raw berries, shaking down gently while filling. Cover with hot syrup, juice or water, leaving 1/2 inch headspace. Adjust lids and process following recommended times.

Table 1. Amount of Water and Sugar to make Syrup

Syrup Type	Approx. Sugar (%)	For 9-Pt Load*		For 7-Qt Load	
		Cups Water	Cups Sugar	Cups Water	Cups Sugar
Medium	30	5 1/4	2 1/4	8 1/4	3 3/4
Heavy	40	5	3 1/4	7 3/4	5 1/4

\*This amount is also adequate for a 4 quart load

**Table 2.** Recommended process time for whole Raspberries, in a boiling-water canner.

		Process Time at Altitudes (ft) of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000	3,001 - 6,000	Above 6,000
Hot	Pints or Quarts	15 min	20	20	25
Raw	Pints	15	20	20	25
	Quarts	20	25	30	35

**Table 3.** Process Times for whole Raspberries in a Dial-Gauge Pressure Canner.

			Canner Pressure (PSI)* at Altitudes (ft) of			
Style of Pack	Jar Size	Process Time (Min)	0 - 2,000 ft	2,001 - 4,000	4,001 - 6,000	6,001 - 8,000
Hot	Pints or Quarts	8	6	7	8	9
Raw	Pints	8	6	7	8	9
	Quarts	10	6	7	8	9

\*Pounds per square inch

**Source:** National Center for Home Preservation  
<http://www.uga.edu/nchfp/index.html>

**Table 4.** Process Times for whole Raspberries in a Weighted-Gauge Pressure Canner.

			Canner Pressure (PSI)* at Altitudes (ft) of	
Style of Pack	Jar Size	Process Time (Min)	0 - 1,000 ft	Above 1,000
Hot	Pints or Quarts	8	5	10
Raw	Pints	8	5	10
	Quarts	10	5	10

\*Pounds per square inch

## HIGH SUGAR PRESERVATION

### Raspberry Syrup *(about 9 half-pints)*

Select 6 ½ cups of fresh or frozen berries. Remove stems and crush in a saucepan. Heat to boiling and simmer until soft (5 to 10 minutes). Strain hot through a colander and drain until cool enough to handle. Strain the collected juice through a double layer of cheese cloth or a jelly bag. Discard the dry pulp. The yield of the pressed juice should be about 4 ½ to 5 cups. Combine the juice with 6 ¾ cups of sugar in a large saucepan, bring to boil and simmer 1 minute. To make a syrup with whole fruit pieces, save 1 or 2 cups of the fresh or frozen berries, combine these with the sugar, and simmer as in making syrup without fruit pieces. Remove from heat, skim off foam, and fill hot, clean half-pint or pint jars, leaving ½ inch headspace. Adjust lids and process following recommended times (Table 5).

### Raspberry Jelly *(6 half-pints)*

4 cups prepared juice *(2 ½ quarts fully ripe red raspberries)*

5 ½ cups sugar

1 box (1 ¾ ounces) powdered pectin *(Purchase fresh pectin each year. Old pectin may result in poor jelling.)*

Thoroughly crush, one layer at a time, 2 ½ quarts red raspberries. Place crushed fruit in jelly cloth and let drip. When dripping has almost ceased, press gently. Measure 4 cups juice into a large bowl or pan. Measure sugar and set aside. Mix pectin and juice and bring to a rolling boil. Stir in the sugar all at once. Stir and bring to a full boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam and ladle into hot, sterilized jars through a wide-mouthed funnel, leaving ¼ inch headspace. Adjust lids and process following recommended times (Table 5).

**Table 5.** Recommended Process Times (minutes) in a Boiling-Water Canner

Product	Style of Pack	Jar Size	Process Times (mins) At Altitudes (ft) of		
			0 - 1,000 ft	1,001 - 6,000	Above 6,000
Raspberry Syrup	Hot	Half-pints/Pints	10 min	15	20
Raspberry Jelly	Hot	Half-pints	5 min	10	15

## FURTHER INFORMATION

Food Domain Website

<http://fooddomain.msu.edu/>

National Center for Home Preservation

<http://www.uga.edu/nchfp/index.html>

“So Easy to Preserve” 5th ed. 2006. Cooperative Extension Service, The University of Georgia, Athens.

<http://www.uga.edu/setp/>

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices

<http://www.cfsan.fda.gov/~dms/prodsafe.html>

Produce for Better Health Foundation

<http://dccps.nci.nih.gov/5aday/RECIPES.HTML>

Handbook of Fruits and Fruit Processing. 2006. Hui, Y., Barta, J., Cano, M., Gusek, T., Sidhu, J. and Sinha, N. (eds). Blackwell Publishing.

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